

The pupils from the experimental groups obtained favourable results, superior to the control groups, and these results have a significant character both for the group of boys ( $p < .009$ ) and for the group of girls ( $p < .022$ ).

The use of movement games all through the school year, which were selected according to the age and sex particularities of the pupils, will lead to the achievement of the general competences presented in the PE school curriculum.

The use of movement games during the PE class increases the degree of effective participation, develops attention and the level of interaction between pupils, which represents another component of the primary school level general competences.

The exploitation of games and their use during the PE class aims at transforming the content of the lesson. Thus, physical exercise becomes a means of maintaining health and a means of social integration through sport, which is in accordance with the new curricular guidelines for this school subject.

The assessment test used for the PE class highlights, nevertheless, only the sport performance achieved by the pupils, which is not in accordance with the view that physical exercise should be used as a means of maintaining health and general well-being.

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# Experimental Study on the Importance of Improving Physical Training in Middle-Distance and Long-Distance Track Running Trials

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## Abstract

All the fields and aspects of athletics and sport training are characterised by the occurrence of various progression and perfection elements, innovative elements, but also by updating and adjusting to superior parameters. The competition for all the levels of performance is very tight and numerous specialists investigate and select the latest information, from various fields of activity, to adjust them to athletics, in the hope that they might become means and measures to improve and perfect the sport area and the training procedure. Physical training for athletes is highly superior to physical training specific to other sports and covers two aspects: general or multilateral physical training and specific or special physical training. The purpose of this study is to highlight the importance of the improvement of physical training for middle-distance and long-distance running athletes. Starting from the idea that performance is achieved subsequent to a very well developed training process, comes the hypothesis according to which there is a possibility of improving the sport performance of middle-distance and

long-distance running athletes by perfecting the physical training on a daily basis. Physical training in the service of specificity must serve the conditions of achieving the sport task, taking into account the psychomotor aspects connected to learning the technique, the functional means connected to their improvement and the energetic scale connected to the trial (specific intensity and resistance). After taking a series of initial tests, (800 m, 1000 m, 3000 m), we shall act to this purpose with the specific athletics means, adequately adapted to a period of 3 months, during the training of performance athletes (juniors 1), registered at the University Sport Club, in Galati.

*Keywords: sport training, physical preparation, sport achievement*

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### **Introduction**

Claudiu Mereuță (2011, p. 1, internal use, translation mine) considers that *“the Romanian school of athletics is in search of top performances, but athletics and all the aspects that convey the complexity of training, of instruction, is continuously changing and evolving, definitely with a permanent increasing dynamics of training. All the fields and aspects of athletics and sport training are characterised by the occurrence of various progression and perfection elements, innovative elements, but also by updating and adjusting to superior parametres. Particular interest of the specialists has been expressed along the years on the effort in athletics, both at competitive level, and especially at training level, the complexity of training requirements-taking place in the alarm system area of human body- being qualified as variable, with willing or imposed interruptions.”*

The content of training encompasses more factors or components: physical training, technical training, tactical training, psychological training, theoretical training and post effort recovery.

Training athletes in order to participate in national and international competitions and ranging them among the first competitors may be achieved during a complex, pedagogical, specialised process, known as *sports training*. Optimal achievement of the ensemble *aim-training-performance* is possible by following a very efficient physical, technical, tactical, psychological and theoretical training. Each of the above mentioned factors, becomes an additional criterion of success and, to this extent, one must not neglect their continuous, progressive and adapted development. All these factors are relevant, but of utmost fundamental importance, physical training ranges first hierarchically and is considered to be the basis of approaching the other components of training. Physical training for athletes is highly superior to physical training specific to other sports and covers two aspects: general or multilateral physical training and specific or special physical training. This is an essential component of the training process, entailing obtaining some favourable results in sports competitions and leading to building high performance athletes.

Baștiurea (2007, p. 100, translation mine) considers that *“during physical training, the athlete needs to deal with multiple chores of an increased physical nature, which is why they need to dispose of a considerable energetic „backup”. It is only through good physical training that one can achieve this energy surplus, potentially inducing the athlete a comfortable state of being and, in times of difficulty, helps them to find the best solutions to solve any emerging situation.”* Bompa (2002, p. 48, translation mine) considers that *“physical training is at the ‘basis’ of the instructional activities pyramid, a fundament on which new performance can be built.”* Thus, physical training in the service of specificity must serve the conditions of achieving the sport task, taking into account the psychomotor aspects connected to learning the technique, the functional means connected to their improvement and the energetic scale connected to the trial (specific intensity and resistance).

**The purpose** of this study is to highlight the importance of the improvement of physical training for middle-distance and long-distance running athletes.

### **Materials and method**

Starting from the idea that performance is achieved subsequent to a very well developed training process comes the *hypothesis* according to which *there is a possibility of improving the sport performance of middle-distance and long-distance running athletes by perfecting the physical training on a daily basis.*

The experiment was carried out at the University Sport Club, Galati, during three months of training (February, March, April 2017). The subjects are 4 performance athletes (juniors 1). After taking a series of initial tests, 800 m, 1000 m, 3000 m, and analysing the results, the athletes training programme has been established, with the purpose of improving and perfecting their physical training.

### **Means of action and results**

The means used during this research were general and specific ones:

- Uninterrupted long distance running;
- Sustained tempo run;
- Fartlek method;
- Steep hill sprints;
- Special practice and general physical training practice with own body weight and subsidiary objects and general force and specific muscle groups training.

Table 1 – Uninterrupted long distance running

Month	February	March	April
<b>Km./Athlete</b>	110 km.	120 km.	130 km.
<b>Intensity</b>	5 min./1000 m.	4:30 min./1000 m.	4 min./1000 m.

Table 2 – Sustained tempo run

Month	February	March	April
<b>Km./Athlete</b>	14 km.	16 km.	24 km.
<b>Intensity</b>	4:30 min./1000 m.	4:00 min./1000 m.	3:30 min./1000 m.

Table 3 –Fartlek Method

Month	February	March	April
<b>Km./Athlete</b>	14 km.	16 km.	24 km.
<b>Intensity</b>	4:30 min./1000 m.	4:00 min./1000 m.	3:30 min./1000 m.

Table 4 – Steep hill sprint

Month	February	March	April
<b>Km./Athlete</b>	6 km.	8 km.	10 km.
<b>Intensity</b>	200 m.	150 m.	100 m.

Table 5

le 5 – Results obtained at the initial and final tests by females and males in 800 m, 1000 m and 3000 m

	T.I. Female	T.F. Female	T.I. Males	T.F. Males	T.I. Females	T.F. Females	T.I. Males	T.F. Males	T.I. Females	T.F. Females	T.I. Males	T.F. Males
Tests	800 m	800 m	800 m	800 m	1000 m	1000 m	1000 m	1000 m	3000 m	3000 m	3000 m	3000 m
<b>S1</b>	2.08	2.04	1.55	1.54	3.10	3.03	3.00	2.57	10.25	10.11	9.25	9.21
<b>S2</b>	2.05	1.59	2.02	2.00	3.04	3.00	3.05	2.79	10.50	10.24	9.45	9.38
<b>S.</b>	4.13	3.63	3.57	3.54	6.14	6.03	6.05	5.36	20.75	20.35	18.70	18.59
<b>M.A.</b>	2.07	1.82	1.79	1.77	3.07	3.02	3.03	2.68	10.38	10.18	9.35	9.30
<b>A.S.</b>	0.02	0.32	0.33	0.33	0.04	0.02	0.04	0.16	0.18	0.09	0.14	0.12
<b>C.V.</b>	0.48	8.82	8.99	9.32	0.69	0.3	0.58	2.99	0.85	0.44	0.76	0.65

Graphic interpretation of the established programme and the results obtained in initial and final tests

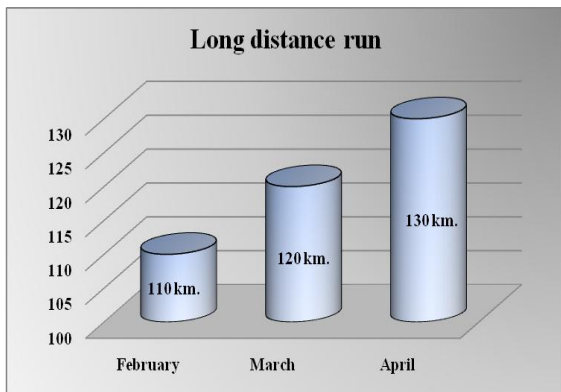


Figure 1 - Long distance run

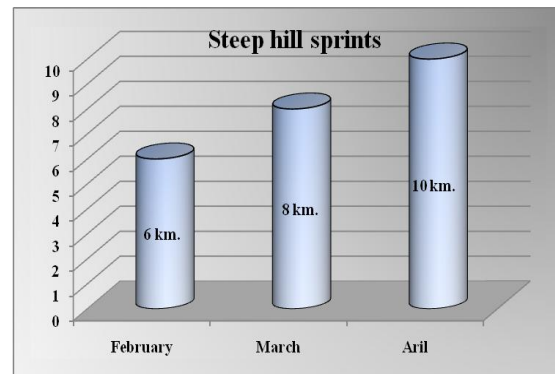


Figure 2 – Step hill sprints

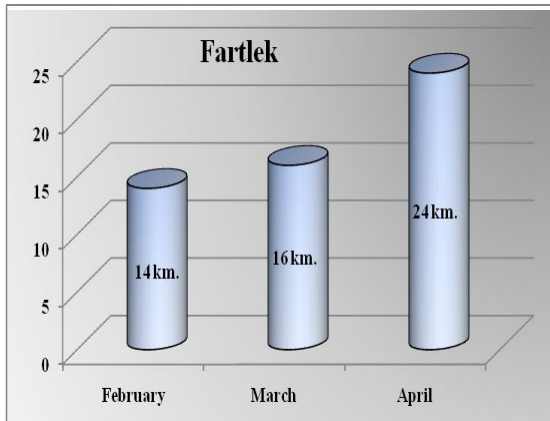


Figure 3 – Fartlek Method

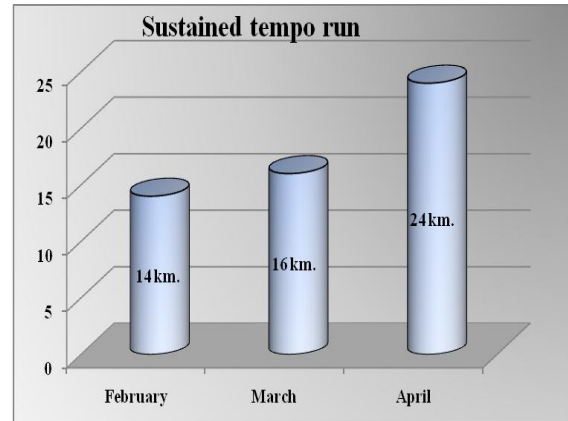


Figure 4 – Sustained tempo run

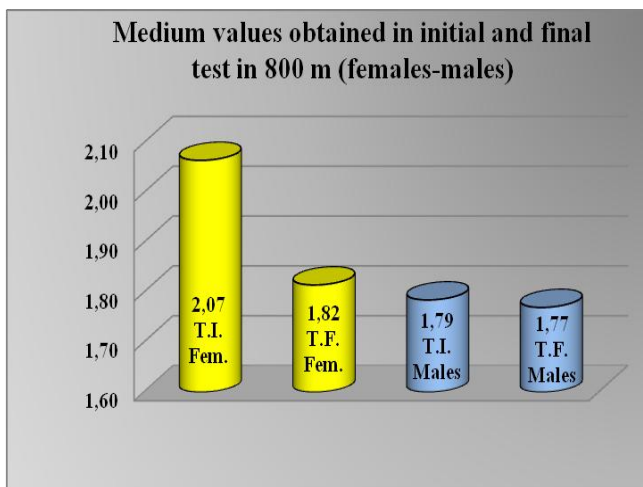


Figure 5 – Medium values obtained in initial and final tests in 800 m (females - males).

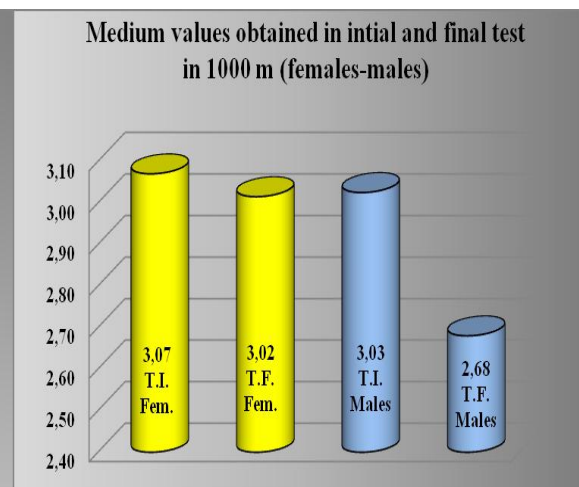


Figure 6 – Medium values obtained in initial and final tests in 1000 m (females-males).

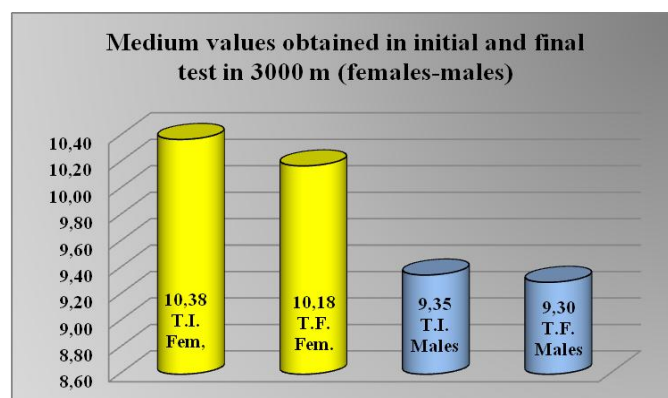


Figure 7 – Medium values obtained in initial and final tests in 3000 m (females - males)

**Conclusions:**

Subsequent to processing and analysing the results obtained, the following conclusions can be drawn: The hypothesis, according to which, by perfecting the physical training of middle-distance and long-distance running athletes, their sport performance can be improved, has been confirmed.

In February, a higher volume and a lower intensity were observed, as compared to March and April.

**Recommendations:**

In choosing the means and methods, in this case, special consideration needs to be paid to the level of physical and motric development of athletes and to the age and gender characteristics.

Other trials can be added to the control trials aimed by this research, both in the field of checking the level of development of the motric qualities index and in that of establishing the level of training.

According to the matters discussed in the previous chapters, we have, through the present paper, contributed to the achievement of physical and technical training programme samples, which contain means of action.

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## Role and Importance of Movement Games in Ice Hockey

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#### Abstract

This paper aims to highlight the importance of motion games in learning ice skating for beginner players in ice hockey. By using these driving or motion games, we demonstrate their efficiency in the educational process. There are no physical or intellectual qualities that cannot be developed through certain games. Through their vast variety, games are an elite choice for physical and spiritual development.

As type of activity, any game has a structure and a social function. It decorates and completes life, being indispensable both to the human being, as a biological function, and to society, due to its merit as a cultural function.

*Keywords: beginners, ice hockey, movement games*

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#### Introduction

The game has time and space limits. It starts and at a certain moment, it stops. By its temporal restriction it is bound to the quality of an immediate construction as a cultural form. Being kept in one's memory as spiritual creation, it may be sent and repeated at any time. The review is one of the most important qualities of the game. The spatial restriction of the game is more obvious than the temporal one. In space, a game has its own order which dominates. The game creates and imposes order. Any deviation from the rules misrepresents its character and suppresses its merit. The aesthetical agent is similar to the effort of creating a new form of the game under all its aspects. The effects of beauty are expressed by the instrumentality: strain, stability, oscillation, alternation, contrast, variation, binding and detaching, solution. Its rhythm and harmony captivate and charm.

#### Concepts

During childhood, game is an important activity; when children start school, **game** gets on the second place; at a young age this is a consumption activity, and at adult age it is a fortification activity. So, while for children the game is a mature and adaptable behavior, for adults it has complementary functions; for working people it has a relaxing function.

Until the age of six, game is as important as work for the adult, doing an indirect training due to its contribution to the multilateral development of a child's personality and to the development of physical capacity, and to the fact that it represents a reflection of reality, a transposition and change in the imaginary field.